

Title: Skill-Building Course: Power of the Mind

Description: This course will assist a Whole Health Coach or other Whole Health educator working with Veterans who would like to incorporate “Power of the Mind” into their Personal Health Plans. It reviews six different “subtopics” related to this aspect of self-care, designed to give Veterans additional ideas, insight, and resources to support them on their Whole Health journey.

Objectives and Key Points

- Define Power of the Mind and describe three examples of why it matters to our health
- Discuss safety issues related to Power of the Mind
- Practice a breathing exercise mind-body approaches that is to be covered in all VA facilities
- Describe four mind-body approaches offered in the VA including what the research shows they seem to help with
- Experience a demonstration of a mind-body approach
- Identify local resources that can support Veterans with this aspect of self care at a local level. This includes classes, professional care, and group visits, as well as members of their PACT
- Work with a partner to set a goal focused on one aspect of Power of the Mind that can be incorporated into one’s Personal Health Plan

Sample Agenda (total time 60-75 minutes)

- Introductions, examples of why the mind-body relationship matters (5 minutes)
- Reflection exercise, safety considerations (5 minutes)
- Working with stress (5-10 minutes)
- Breathing exercise (5-10 minutes)
- Description of four key mind-body approaches from List 1 (10 minutes)
- Demo of a mind-body approach (10-15 minutes)
- Emotions, habits, working with a professional (5 minutes)
- Partner activity: Setting a Surroundings goal, large group sharing (15 minutes)
- Wrap up, questions, and evaluations

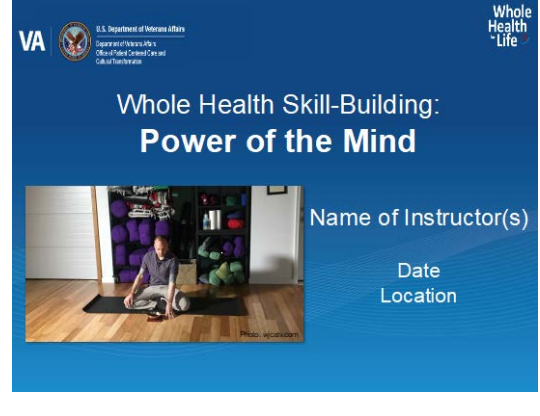
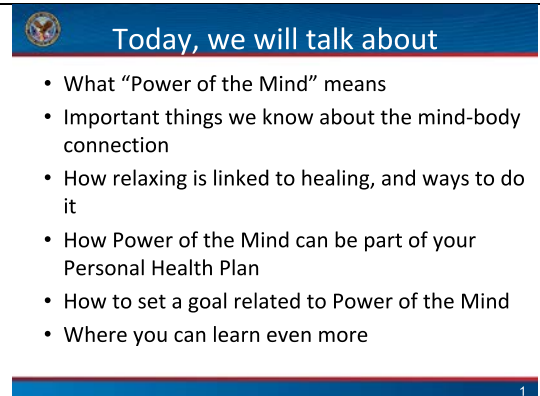
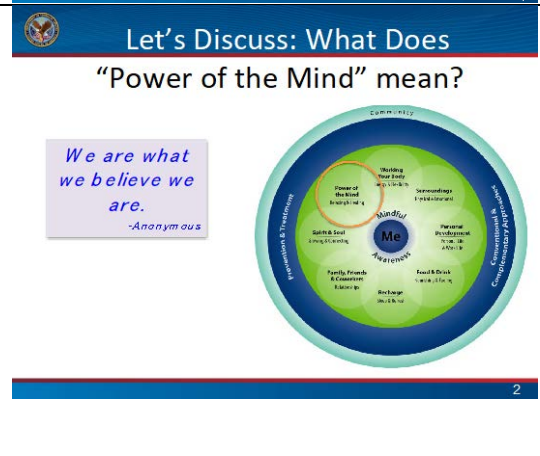
Preparation

1. Pre-Reading for Instructors

- *Passport to Whole Health*, Chapter 12, “Power of the Mind.” Available at <https://wholehealth.wiscweb.wisc.edu/wp-content/uploads/sites/414/2018/09/Passport-to-Whole-Health-3rd-Edition-2018.pdf>. Pay particular attention to the different mind-body approaches described – especially the ones featured in this module (breathing, biofeedback, meditation, guided imagery, and hypnosis).
- It might help to keep a listing of all your different ideas for “making one small change.”

- The Whole Health Education Website has a number of additional materials on this topic that are worth a look. <https://wholehealth.wisc.edu/overviews/power-of-the-mind/>.
2. Prepare course materials and handouts
 - This course is best taught in collaboration with a mental health professional. They can help with the demo as well as the “Work with a Professional” section
 - Be sure that you have practiced the breathing exercise yourself first, if you are going to facilitate it
 - Each participant will receive a copy of the Veteran Handout designed to accompany this course
 - You may wish to provide some additional Veteran handouts related to Power of the Mind, available at <https://www.va.gov/PATIENTCENTEREDCARE/veteran-handouts/index.asp#power-of-the-mind>.
 - It may be easiest to have handouts at their seats, or you can pass them around later. Review the handout in advance, so you can be ready for questions
 - Be sure to have an evaluation form ready to give them at the end as well. This is included in the course materials
 3. Set up AV and other equipment
 - Be prepared to share the PowerPoint slides related to this course. A guide to each of the individual slides is featured later in this document
 - Connect with the AV support person at your site
 - A flip chart and markers, or a dry erase board, may be helpful
 - If you do not have a slide projector, you can simply take them through the Veteran handout after you give each person a copy. Alternatively, you can print out the slides and give them copies. Then, just take them through the slides, following the faculty guide
 4. Identify local and other resources
 - Again this is a great opportunity to invite one or more psychologists or other mental health professionals to join from your site (unless you are one yourself and have it covered!). Consider bringing in a meditation teacher or someone who can demonstrate hypnosis, imagery, and/or biofeedback. Be mindful of time constraints
 - Add to the slide set (and/or Veteran Handout) to include local resources, including
 - Classes, group visits, and group therapy sessions available locally
 - Any other mind-body approaches you want to share
 - Develop your own list of other favorite resources, as you see fit

Slide-By-Slide Guide

	<ul style="list-style-type: none"> • Change this slide to incorporate your name, as well as the date and location of the presentation • This is a good time to introduce yourself. Be sure to share your own title/role related to the VA and teaching • Might be worth it to have the participants do quick introductions as well, but be mindful of time • Power of Mind is an important area of self-care. It includes how your thoughts affect your health, your emotional wellbeing, how your behaviors and habits affect health, and many other topics
	<ul style="list-style-type: none"> • This is the list of learning objectives for the course. You can review these in detail, or go quickly over them to save time • As you move through, remember the subtitle for this circle is "Relaxing and Healing." It is good to keep reminding them there are many different ways to achieve those • The main message here is that you have even more power to use your mind to affect your health than you might have ever imagined
	<ul style="list-style-type: none"> • Would put this question out to the large group, but could do it as a partner exercise too. Time will be tight for this module, so large group may be easier • Read the quote as you feel appropriate • For this topic in particular, you might need to throw out some initial suggestions to facilitate the discussion • Remind them that how far they go with each exercise and activity in this course is totally up to them



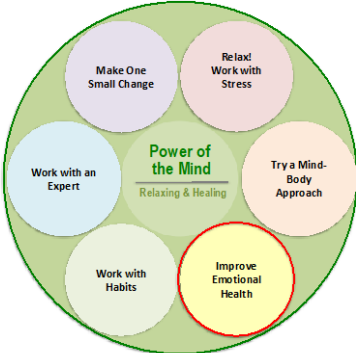
<div data-bbox="198 197 240 239"></div> <h2 data-bbox="261 207 641 239">Mind and Body (and Beyond)</h2> <h3 data-bbox="354 247 548 279">Why It Matters</h3> <ul data-bbox="212 289 435 541" style="list-style-type: none"> • Mind and body are more closely connected than we used to think • Our thoughts affect our health • Our feelings are tied to our health • Also, our beliefs affect our health • How we deal with stress matters a lot too <div data-bbox="453 323 708 470"></div> <div data-bbox="610 470 695 480"><small>Photo: shutterstock.com</small></div> <div data-bbox="695 564 708 579">3</div>	<ul style="list-style-type: none"> • Some people say we should just treat “mindbody” as a single thing. Many cultures do that with their healing systems • Ask for examples of how thoughts, feelings, and beliefs are tied to health • Veterans have a history of going through huge amounts of stress in their lives. How has stress (and stress reduction) affected their health in the past? An example: being pushed so hard past your physical abilities on a ruck march or a PT run that you had to rely on Power of the Mind to succeed. (This is not about pushing yourself too hard, but it is about understanding how your mind can help you out.) • Unbroken is a true story about a WWII airman who drifted in a raft for 47 days before being put in a Japanese POW camp with a cruel prison commander. It is the story of how he endures.
<div data-bbox="198 833 240 875"></div> <h2 data-bbox="316 844 586 875">Example #1: Placebo</h2> <div data-bbox="212 917 331 991"></div> <div data-bbox="233 984 331 991"><small>Photo: shutterstock.com</small></div> <div data-bbox="212 1014 350 1167"></div> <div data-bbox="277 1167 347 1178"><small>Photo: dimgel.com</small></div> <ul data-bbox="370 907 695 1167" style="list-style-type: none"> • Placebos are treatments, like a sugar pill, that don't have a chemical benefit • A person's mind makes them work (or not) • They work about 1/3 as well (or more) as a treatment they are being compared to • Even when people know they are getting placebo, it can still help. In a study of 97 people with back pain <ul style="list-style-type: none"> – People knew they were getting a sugar pill – They took it for three weeks – They had their pain drop by 1.5 points on average (scale of 1-10) <div data-bbox="380 1205 571 1222"><small>Carvalho, et al, Pain, 2016;16:2766-2772</small></div> <div data-bbox="683 1205 696 1220">4</div>	<ul style="list-style-type: none"> • If you are pressed for time, you can leave out this and the next two slides, but they are great illustrations of the mind-body connection • Explain that placebos are “phony” treatments used to do trials of new medications or procedures. If I want to see how a pill works, I give one group of people a pretend pill, and another group the actual medicine. This tells me how much of the effects of the medicine are from the actual chemistry of the medicine versus the ceremony of taking the pill, or the person's belief about what the pill can do • The placebo effect was discovered when wounded soldiers in WWII did better with pain after getting salt water injections • People in the placebo group get a lot of benefit too – sometimes as much or even more than people in the treatment group • And now we're seeing, like in this back pain study, that even if you know you are getting placebo, it can still help

<div data-bbox="203 199 240 241" data-label="Image"></div> <h3>Example #2: Brain “Plasticity”</h3> <ul style="list-style-type: none"> • Plasticity = ability to change • We used to think our brains never changed after adulthood (except with aging and a little with learning/memory) • Now we know better • Mind-body approaches change them. For example: <ul style="list-style-type: none"> – Chronic pain causes loss of brain mass – Psychotherapy (CBT) can help brain mass increase <div data-bbox="456 317 711 457" data-label="Figure"></div> <div data-bbox="496 478 672 533" data-label="Caption"> <p>Our brains function differently when we do mind-body exercises</p> </div> <div data-bbox="683 564 699 581" data-label="Text"> <p>5</p> </div>	<ul style="list-style-type: none"> • The picture shows a researcher’s own brain scans (functional MRI). The person is lying on their back, and we are looking up at their brain from under their chin. The top of the picture is where their noses are, and the bottom is the back of their head. Ears would be on either side. The left is a scan when not meditating. The right is with meditating (right). Red and yellow mean the parts of the brain are more active. See the differences? • Changes get more dramatic the longer a person has been meditating, but even a few weeks of mind-body training leads to changes in people who just started • Relaxing, focusing, and other mind-body skills can all affect brain activity. So can different emotions
<div data-bbox="203 720 240 762" data-label="Image"></div> <h3>Example #3: Expectations</h3> <ul style="list-style-type: none"> • Blue: People know what is happening with morphine • Red: They don’t – it is turned on or off secretly <div data-bbox="191 961 467 1087" data-label="Text"> <p>See how much faster the blue one changes? When people knew about drug dose changes, they respond to it a lot faster!</p> </div> <div data-bbox="480 787 678 1077" data-label="Figure"></div> <div data-bbox="480 1094 711 1108" data-label="Caption"> <p>Colloca L, et al. Lancet Neurol. 2004;3(11):679-84.</p> </div> <div data-bbox="683 1094 699 1110" data-label="Text"> <p>6</p> </div>	<ul style="list-style-type: none"> • The top graph shows what happens when you start morphine for people with pain. The blue dots show pain levels drop with time for people who were told about the medicine. The red dots are for people who didn’t know (the researchers put the drug in their IV pump without telling them). The people who knew had a much faster (and lower) drop in their pain • The bottom graph shows what happens after the morphine is stopped. The blue dots are for people who knew it, and their pain climbs up fast. The red is for people who didn’t know. Their pain is slow to return, even when the med is stopped for hours • The point is that your mind – what you expect – affects how the treatment works for you
<div data-bbox="203 1249 240 1291" data-label="Image"></div> <h3>Pause for a Moment:</h3> <h4>Ask Yourself a few Questions</h4> <ul style="list-style-type: none"> • How can the Power of the Mind support me with what matters most in my life? • What makes me happy? • What helps me relax? • What helps me think clearly? • Who in my life is good for my mental health? <p><i>It’s fine if you are still looking for these answers and don’t have them all yet.</i></p> <div data-bbox="683 1619 699 1635" data-label="Text"> <p>7</p> </div>	<ul style="list-style-type: none"> • Give them time to reflect – you can ask people to share their answers to some or all of the questions as time allows • Be sure to emphasize the statement at the bottom • Some people may note they find happiness or stress relief from behaviors that are not good for their health. Just acknowledge that and remind them we are looking for the most helpful ways to do these things. Is there a healthier way to go about it? We’ll talk about options

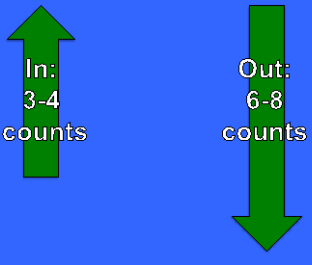
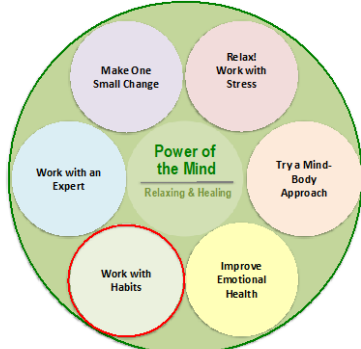


<div data-bbox="203 199 243 241"></div> <h3>Power of the Mind: Safety</h3> <ul style="list-style-type: none"> • If your mental state is ever making it so you can't function or feel out of control, get help • If you feel like you could harm yourself or someone else, get help <ul style="list-style-type: none"> – Crisis line: 1-800-273-8255, Press 1 – www.veteranscrisisline.net • Some health issues make it hard to relax or settle down. Mind-body approaches can help a lot • Sometimes, working with Power of the Mind means having to face your fears – when you are ready <div data-bbox="690 567 706 588">8</div>	<ul style="list-style-type: none"> • The key is to give people options if they are in a dangerous space. You should have a plan for what you can do to get a person help if he or she lets you know they feel at risk. This is another good reason to teach this course with a mental health expert • Again, remind them that how far they go with each exercise and activity in this course is totally up to them. If it feels like too much, they can just stop and take a break for a while • Remember, resilience isn't just about bouncing back to how things used to be. It is about being able to bounce back even though things are changed
<div data-bbox="186 646 349 808"></div> <h3>Zeroing in on Options</h3> <div data-bbox="349 703 673 1037"></div>	<ul style="list-style-type: none"> • What are some topics people can think about as they come up with Power of the Mind goals for their health plans? • You'll move clockwise through each of these six topics. The goal is to give you a lot of different health plan ideas to choose from. Of course, they can choose other topics too. We want them to have a lot of options
<div data-bbox="267 1060 625 1417"></div>	<ul style="list-style-type: none"> • As time allows, ask what it means to relax and have a brief group discussion about this • On a scale of 1-10, if 1 is never and 10 is always, how often do they feel relaxed (would not ask them to answer out loud) • Invite them to think about something they could do to make that number go up, even just a little
<div data-bbox="203 1438 243 1480"></div> <h3>Working With Stress</h3> <ul style="list-style-type: none"> • In short bursts, stress helps us stay alive • Chronic stress – being in “fight, flight, or freeze” all the time – is hard on us <ul style="list-style-type: none"> – Inflammation – Mood changes – Blood pressure – Emotions/mental health • And, there are things we can do about it <div data-bbox="479 1533 690 1743"></div> <div data-bbox="625 1743 690 1759">Photo: 123RF.com</div> <div data-bbox="690 1801 706 1822">11</div>	<ul style="list-style-type: none"> • Stress protects us, to a point – we move into fight or flight when we are in danger • The problem is, we can get stuck in that state • Being in that state long-term is hard on us • This is especially hard for Veterans. Combat teaches you to be on your toes all the time • Inflammation is a chemical state in the body that is good short term for fighting off infection, but causes health problems long term

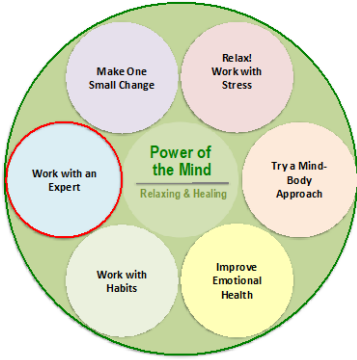




<div data-bbox="203 199 243 241"></div> <h3>Relaxation Response:</h3> <ul style="list-style-type: none"> • The opposite of “Fight or Flight” • There is a certain body state that most mind-body exercises can help you reach <p>The key is, which approach will work best for you?</p> <div data-bbox="251 430 446 556"></div> <div data-bbox="519 273 673 514"></div>	<ul style="list-style-type: none"> • All the different mind-body approaches can lead to the relaxation response. That is the “sweet spot” we are going for. Ask them, “What do you think it looks like?” (Examples: slower heart rate, slower breathing, peaceful, calm, in the zone, etc.) An example from military experience is “taking a knee” to regroup when you are dealing with a tough situation • It’s like climbing a mountain. There is one destination (the peak) but a lot of different paths to get there
<div data-bbox="203 588 243 630"></div> <h3>Mindful Awareness-Dropping In</h3> <div data-bbox="568 588 706 682"></div> <ul style="list-style-type: none"> • Can help you notice more about what is going on with your mind-body connection • Like all activities, this is optional • Dropping in focuses you on what is happening right now – pulls you out of worries about the future or the past 	<ul style="list-style-type: none"> • The dropping in practice is one way to bring about the relaxation response • Read the script that is included with the course materials to lead them through this experience • Be sure to give them time after the practice to talk about what it was like
<div data-bbox="682 955 706 976">14</div> <div data-bbox="267 997 625 1354"></div>	<ul style="list-style-type: none"> • There are hundreds of mind-body approaches out there • They all try to help you harness the power of your mind – to bring more relaxation, peace, clarity, focus, positive emotions, and/or self-control

<div data-bbox="203 199 240 241"></div> <h3>A Spectrum of Techniques</h3> <ul style="list-style-type: none"> • Biofeedback* • Meditation* • Guided imagery* • Clinical hypnosis* • Psychotherapies • Art and music therapy • Breathing exercises • Eye movement desensitization and reprocessing • Therapeutic disclosure • Progressive muscle relaxation <p>...and many others</p> <div data-bbox="443 275 690 443"></div> <div data-bbox="451 464 690 548"> <p>The ones with a * will be covered by all VA's in some form in the near future. Many psychotherapies are already covered. Many others are also covered already, but it depends on which VA.</p> </div>	<ul style="list-style-type: none"> • Here are some examples of mind-body approaches offered in the VA • The ones with asterisks (*) are featured on List 1. That means all VA's are required to cover them in some fashion (not for every health problem, and not clear how many visits can be offered) • With meditation, this means covering meditation classes • Many of the others are also offered, at least in many VA's • Progressive muscle relaxation is tightening and releasing different body parts in order. Progressive relaxation is focusing on different body parts without moving them (e.g., for people who are paralyzed) • EMDR is about using tapping sound, or eye movements to stimulate both sides of the brain while working with distressing images • Therapeutic disclosure is about writing or otherwise sharing how things make you feel. An example is journaling • The Veteran handout can connect you with more information about all of these and many others
<div data-bbox="203 1029 240 1071"></div> <h3>Example: Biofeedback</h3> <ul style="list-style-type: none"> • Using equipment to track what your body is doing <ul style="list-style-type: none"> — Heart rate (EKG) — Breathing — Skin electricity — Brain waves (EEG) • Helps with many things. Some examples: <ul style="list-style-type: none"> — Back and neck pain — Headache — TMJ — Pelvic pain — Blood pressure — Anxiety and depression <div data-bbox="438 1148 686 1253"></div>	<ul style="list-style-type: none"> • Biofeedback often appeals to the more tekkie types in the group • It can really help to see feedback in terms of how you can change your body's activities • The <i>Passport to Whole Health</i> goes into more detail about each of these mind-body approaches, if you want to read up more on each of them • Gather a list of who offers these services locally that you can share
<div data-bbox="203 1417 240 1459"></div> <h3>Example: Meditation</h3> <div data-bbox="203 1528 459 1707"></div> <div data-bbox="472 1497 682 1633"> <ul style="list-style-type: none"> • There are many types • Different ways to find different states or consciousness • Can help rest the mind • Can help us learn more about ourselves • Not a religion per se </div> <div data-bbox="472 1654 605 1675"> <p>Examples of Benefits:</p> </div> <div data-bbox="472 1675 634 1780"> <ul style="list-style-type: none"> • Less anxiety • Peace of mind • Better coping with pain • Handle stress better • Know yourself better </div>	<ul style="list-style-type: none"> • Again, VA will be covering meditation classes at all its sites – explain how this will look locally, if you know. Gather a list local offerings


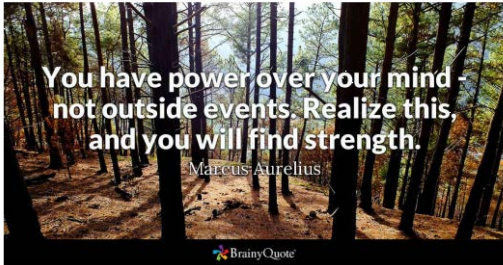
<div data-bbox="203 199 243 241"></div> <h3>Example: Guided Imagery</h3> <p>What is it?</p> <ul style="list-style-type: none"> You are asked to focus on images You use all your senses Follow a path to a "safe place" Talk to a wisdom figures (your subconscious mind) Come up with images related to your health Hopefully, gain new insights <p>Examples of Benefits</p> <ul style="list-style-type: none"> Relaxes you Changes cortisol level (a stress hormone) Makes your immune system work better Helps with depression and anxiety Helps cholesterol 	<ul style="list-style-type: none"> People should use caution with guided imagery if they are prone to flashbacks or hallucinations. If so, best to do this at first only if you have support from mental health professional Again, gather a list of where this is offered locally
<div data-bbox="203 588 243 630"></div> <h3>Example: Clinical Hypnosis</h3> <p>What is it?</p> <ul style="list-style-type: none"> Used for centuries Moves you into a state of concentration and focus (trance) Not like stage hypnosis! You're always in control Imagery, symbols, and suggestions are used Changes thoughts, perceptions, feelings, behaviors Session recorded so you can go home with it and practice  <p>Examples of what it can help</p> <ul style="list-style-type: none"> Pain Allergies, asthma Stress Birth Depression Skin problems Gut issues like IBS Weight Trauma Sexual problems Sleep issues 	<ul style="list-style-type: none"> Can share a list of local resources here (or, if they are helping, invite the mental health provider who is helping you teach to share as well)
<div data-bbox="203 976 243 1018"></div> <h3>Try it out!</h3> <h2>Demonstration</h2> <div data-bbox="690 1354 706 1375">20</div>	<ul style="list-style-type: none"> Definitely helpful to collaborate with someone from mental health. If they can provide a demo of one of the four mind-body approaches listed above, great The breathing exercise featured later is another example of a mind-body approach as well An imagery exercise is another possibility Can also do a brief self-hypnosis script Or, could do a biofeedback demo with various instruments. In Whole Health for Pain, we use biodots, which are inexpensive thermal sensors (stickers) you can buy online. People practice changing the temperature of their hands. It may not work for everyone, but gets them talking
	<ul style="list-style-type: none"> The point here is that our minds can include our thoughts, but also our feelings

<div data-bbox="203 199 240 241"></div> <h3>What We've Covered</h3> <p>Also Applies to Emotional Health</p> <ul style="list-style-type: none"> • Relaxing calms both thoughts and emotions • The mind-body approaches we have covered help with emotions too • Finding the balance between head and heart is part of Power of the Mind • And it isn't about turning off feelings... <div data-bbox="683 564 703 579">25</div>	<ul style="list-style-type: none"> • Point out that mind-body techniques can help us work with emotions as well as thoughts, so all we have talked about so far relates to the emotion circle too • Examples of improving emotional health could include doing breathing exercises for anxiety, seeking counseling, practicing gratitude or optimism, learning to manage anger, and many others • Mind-body approaches don't suppress emotions so much as help you notice them and explore them more. With insight, people can have a healthier relationship to them
<div data-bbox="203 625 240 667"></div> <h3>Power of the Mind – and Power of the Heart</h3> <div data-bbox="207 720 446 919"></div> <ul style="list-style-type: none"> • People who are happy live longer and have fewer health problems • Less anger and hostility means lower risk of heart attack • People who laugh more easily have less heart disease • Reducing anxiety reduces unnecessary visits and tests <div data-bbox="345 993 532 1008">Clark A., et al. Int J Cardiol, 2001;80(1):87-8.</div>	<ul style="list-style-type: none"> • Can ask if anyone has other examples of how emotions affect your health
<div data-bbox="203 1018 240 1060"></div> <h3>Emotions and Heart Rhythm</h3> <div data-bbox="292 1077 602 1230"></div> <div data-bbox="367 1268 542 1354">Changes in heart rate from beat to beat are good, but only if there is a pattern...</div> <div data-bbox="235 1388 656 1402">McCraty R. Bioelectromagnetic Interactions: Within and Between People. HeartMath Research Center.</div>	<ul style="list-style-type: none"> • It is healthy for there to be variation in our heart rates (heart rate variability) • The contrast between these two curves is striking to most people. We want our heart rates to vary in a smooth wave, like on the right side of the diagram, not the left. Emotions play a major role in influencing this. Steady, deep breathing also helps
<div data-bbox="203 1411 240 1453"></div> <h3>Mindful Awareness- A Breathing Practice...</h3> <div data-bbox="570 1415 695 1514"></div> <ul style="list-style-type: none"> • Can change heart rate variability • Can help you notice more about what is going on with your body • Changes your state of mind and body away from fight or flight • Can be stopped any time, if you need a break <p><i>*If you note discomfort, try to simply watch it without getting caught up in it. Use caution if you have breathing problems</i></p> <div data-bbox="683 1785 703 1799">24</div>	<ul style="list-style-type: none"> • Let's do an exercise to help you with your heart rate variability • There is NOT a script for this exercise. You can read the following aloud to them: <ol style="list-style-type: none"> 1. Get into a relaxed position 2. Focus on your breath. You may focus on your chest moving, or the air coming in your nose, or expanding your belly (Go to next slide)

<p>Breath in ½ as long as out: 6 breaths per minute</p>  <p>14</p>	<ol style="list-style-type: none"> 3. Try to breathe using your belly too 4. The key is to breathe in for half as long as you breathe out. Use the pattern shown here. In...2...3... Out 2...3...4...5...6... 5. Do this for the next minute or two 6. When you are ready, return your attention back to the room <ul style="list-style-type: none"> • Ask them how they are feeling • Going for 6 breaths per minute is ideal, but breathe at a rate that feels comfortable • This illustrates a way to breathe to relax – it is just one example. There are many other ways out there
	<ul style="list-style-type: none"> • Habits (good and bad ones) are closely tied to Power of the Mind • Discipline, which Veterans know a lot about, is tied to Power of the Mind, and that can be an incredible resource/strength • Addictions and negative habits can be helped a lot with mind-body approaches (along with other methods)
<p> Habits</p> <ul style="list-style-type: none"> • Habits can be a positive or negative aspect of Power of the Mind • Pause to reflect (no need to share out loud): <ul style="list-style-type: none"> – What are your healthy habits? – What are your unhealthy ones? • VA has numerous resources <ul style="list-style-type: none"> – Substance abuse (drugs, alcohol) – Eating disorders – Tobacco – Hoarding, gambling, others... <p>28</p>	<ul style="list-style-type: none"> • Try to keep this as a neutral exercise. That is, it isn't about being negative or critical – just being mindfully aware
<p> Habits</p> <ul style="list-style-type: none"> • Another area you can focus on in your Personal Health Plan • Many of the mind-body practices can help <ul style="list-style-type: none"> – Building good habits (optimism, gratitude, taking a different point of view) – Working with challenges (harmful behaviors, hostility, addictions) – Becoming more aware of triggers and how you react to them <p>29</p>	<ul style="list-style-type: none"> • Like emotions, habits can benefit from focusing the Power of the Mind on them • Again, ask what really matters to you, and if a habit is getting in the way, maybe you should focus on it in your Personal Health Plan

	<ul style="list-style-type: none"> • The next circle focuses on getting support from your care team with Power of the Mind • In our society, there is sometimes a stigma, or bias against seeking help with mental health • However, we know from research (and personal experience) that mental health professionals can be incredibly helpful and supportive • Best not to ask people to share about this and whether they have worked with mental health before
<p> Mental Health Professionals...</p> <ul style="list-style-type: none"> • See the resources on your handout • Many different experts <ul style="list-style-type: none"> – Psychologists – Psychiatrists – Social workers who do counseling – Substance use specialists – Suicide prevention – Mental Health Treatment Coordinators – PTSD experts – Military Sexual Trauma Counselors • Check in with yourself about your attitudes about getting help • Talk with your clinical team  <p><small>Photo: MentalHealth.va.gov</small></p>	<ul style="list-style-type: none"> • This is a chance to share what is available in the VA at a local level • Be sure to differentiate: <ul style="list-style-type: none"> ○ Psychiatrists -medical doctors, particularly good with medications and have other skills too ○ Psychologists - work through counseling and psychotherapies ○ Social workers may also do mental health work • Your primary care team can help connect you with different professionals
	<ul style="list-style-type: none"> • Even the smallest changes can make a difference. We've talked about many options, but there are others as well • How much time and energy do you have to invest right now? Make sure you set a reachable and realistic goal
<p> Set a Goal! Make One Small Change</p> <p>All the topics we've covered so far can guide you</p> <ul style="list-style-type: none"> • Focus on a way to relax • Do a mind-body exercise <ul style="list-style-type: none"> – Breathing – Meditation – Biofeedback – Imagery – Hypnosis – Others • Work on emotions • Work on habits • Seek professional help <p>There are many small changes you can make. Examples:</p> <ul style="list-style-type: none"> • Take a meditation class • Practice counting to 3 before reacting to a challenging situation • Remove something stressful • Schedule in time to relax each day • Talk to someone • Do something that makes you happier • Decrease _____ (smoking, gambling, etc.) 	<ul style="list-style-type: none"> • You can either read all of these, or just let them read them as you highlight a few of your favorites. • Ask them if they have other thoughts, beyond these list or other things we have talked about

<div data-bbox="203 199 240 241"></div> <h3 data-bbox="386 210 516 241">Your Turn</h3> <ul data-bbox="219 304 430 514" style="list-style-type: none"> • Work with a partner • Take turns • Each person will come up with a goal related to Power of the Mind • You will be invited to share yours with the group, if you want <div data-bbox="454 331 698 499"></div> <p data-bbox="560 499 690 514"><small>Photo: college.usatoday.com</small></p> <p data-bbox="682 562 706 583">33</p>	<ul style="list-style-type: none"> • The temptation is always to spend more time on lecture and less on experiential activities or skill-building. Give this last exercise at least 10-15 minutes • Some people may be hesitant, but encourage them to work with someone else if at all possible. If not, they can still set a goal on their own, and you can check in with them while others are working in pairs • If there are an odd number of people, you can always jump into the mix and pair with someone yourself • Be sure to set a timer to remind them to switch who is doing the talking/planning • Take time for a large group discussion, and invite people to share • *Be sure to focus on accountability – how can they check in with their partner (text, coffee, email, etc.)? When? Can you as the instructor check in with them at some point? Be sure to talk about their next steps with all of this work
<div data-bbox="203 877 240 919"></div> <h3 data-bbox="365 888 539 919">Setting Goals</h3> <p data-bbox="207 955 435 976">Seven steps in goal setting</p> <ol data-bbox="207 982 446 1213" style="list-style-type: none"> 1. Identify the goal 2. Know the benefits 3. Know obstacles 4. List skills and knowledge needed 5. Identify who can help 6. Develop a plan (SMART) 7. Set a timeline and next steps <div data-bbox="503 961 669 1171"> <p data-bbox="506 966 641 987">SMART Goals</p> <ul data-bbox="506 997 657 1144" style="list-style-type: none"> • Specific • Measurable • Action-based • Realistic • Time-bound </div> <p data-bbox="682 1245 706 1266">32</p>	<ul style="list-style-type: none"> • You can leave this slide up while they are talking to their partner. It can help them create stronger goals, but they don't need to try to bring in every single step right now • It is up to you if you want to read through it or simply have them read themselves
<div data-bbox="203 1308 240 1350"></div> <h3 data-bbox="251 1318 652 1350">Power of the Mind – Summing Up</h3> <ol data-bbox="219 1392 682 1665" style="list-style-type: none"> 1. Start by focusing on what matters most to you 2. There are many options, including mind-body approaches, ways to relax, working with emotions, and changing habits 3. Tailor the plan to YOU! It should feel do-able 4. Ask for help if you need it 5. It takes courage – so does active service. You've got this! <p data-bbox="682 1675 706 1696">36</p>	<ul style="list-style-type: none"> • Feel free to modify this based on which points you chose to emphasize

<div data-bbox="203 199 243 241"></div> <div data-bbox="391 207 506 243" data-label="Text"><p>Thanks!</p></div> <div data-bbox="196 262 695 525"><p>You have power over your mind - not outside events. Realize this, and you will find strength.</p><p>Marcus Aurelius</p><p><small>BrainyQuote</small></p><p><small>Photo: brainyquotes.com</small></p></div> <div data-bbox="682 562 706 581"><p>36</p></div>	<ul style="list-style-type: none">• As you finish, be sure to leave time for questions and comments• This is a powerful quote – read it out loud or have one of the participants read it, if that seems appropriate• There is an evaluation form included in the course materials that you can hand out
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